

Brewster Pierce Breakfast Bars

Makes: 6 Servings

Ingredients

2 teaspoons Butter, salted
1 tablespoon vegetable oil
2 teaspoons Blackstrap molasses
1 tablespoon honey
2 teaspoons sugar
1 Egg, whole fresh
2/3 cup Applesauce, canned, unsweetened
1/2 cup carrots, raw, grated
3/4 cup Whole wheat pastry flour
1/8 teaspoon baking soda
1/4 teaspoon Cinnamon, ground
1/4 teaspoon Ginger, ground
2 tablespoons Sesame seeds, unhulled
1 1/2 tablespoons Sunflower seeds, dry roasted
1/2 cup Oats, rolled

Directions

1. Cream softened butter with oil, sugar, honey and molasses.
2. Add eggs, two at a time, mixing after each addition.
3. Mix in grated carrots. Mix in apple sauce.
4. Mix together all dry ingredients: whole wheat pastry flour, baking soda, spices.
5. Add these to butter mixture and stir well.
6. Add seeds and oats, mix well.



7. For 50 servings, spread into two, oiled, half sheet pans (12"X17"), bake at 350 degrees 20-25 minutes or until knife comes out clean. Cut each pan into 25 rectangles. For 6 servings, spread batter in oiled 9" pie plate, bake as above and cut into 6 wedges, as for pie.

Notes

Serving Size: 1 bar